

## STEPS TO A HEALTHIER WA

The Steps Project's purpose is to prevent or reduce the complications of asthma, diabetes, and obesity through initiatives that improve nutrition, increase physical activity and prevent tobacco use. The grant money is funded by a cooperative agreement between the Washington State Department of Health and the Centers for Disease Control and Prevention. The Chelan Douglas Health District, as the lead agency applied for and received an award under the rural community category of the grant. The projects stated mission and vision are:

- **Vision:** A partnership for healthier living in North Central Washington.
- **Mission:** Promote the knowledge, resources, opportunity, and motivation to achieve a healthier lifestyle.



### Executive Summary – 2006 Highlights

- **Community:** Supported a Take Action expo at the mall with 500 people attending. More than 700 people in 2 counties participated in walking programs, partnering with the YMCA, museum and WSU Extension. Participated in the Comprehensive Planning for Chelan County. Provided funds for a variety of media campaigns re. walking.
- **Health Care:** Continued the non-gym based Diabetes Challenge model in partnership with Columbia Valley Community Health. Chose indicators of health for a community report card based on BRFSS data. Plan training for lay people to teach Chronic Care Model approach to Chronic Disease Management.
- **School:** Safe Routes to Schools efforts continue with an expanded year of Walk to School Day events. In addition, through collaboration with the City of Wenatchee and the Wenatchee School District, Steps was able to conduct a Safe Routes Mapping Project encompassing a one-mile radius around all Wenatchee schools. This information will be crucial in prioritizing infrastructure improvements. Efforts are underway to spread this successful model to other cities and districts.
- **Worksite:** Developed and launched "Healthiest Business Challenge" - 10 businesses, 1755 employees participating and 3,205,189 points were accumulated. Created and distributed manuals for worksite wellness.
- **Project wide:** Continuous updating of the NCWSteps.org website.

### Challenges

In order to implement the Steps Project in the most effective and efficient manner an ongoing effort will be made to overcome these challenges:

- Establish and maintain partnerships with a broad range of community organizations.
- Implement strategies that meet the standards and requirements of both the public and private partners.
- Maintain the intent and focus of the projects sustainability by implementing policy and built environment initiatives.

### 2007 Objectives

In 2007 the Steps Project will mobilize and facilitate monthly meetings to develop community, healthcare, school and worksite interventions including:

- Promote non-gym based Diabetes Challenge's in both Spanish and English in collaboration with Columbia Valley Community Health.
- Successful fitness pilot in two initiatives, Girls on the Run and Kids in Motion, will be expanded to additional settings in 2007.
- Promote and implement the Healthiest Business Challenge to increase worksite wellness through policy change in collaboration with the Wenatchee Business Journal, and The Wenatchee Valley Chamber.